

metro

BOSTON NO. 1 FREE DAILY IN THE US

Tuesday, September 5, 2017 metro.us | t: MetroBOS | f: MetroBoston



Dorsett looks to
make impact
with Patriots. 11



WHO'S YOUR ZADDY

We got a zaddy for every kind of zaddy fiend. 6

Maria Menounos
Greek cuisine pop up. 8

DREAM REAPER

President Trump has indicated that possible deportation will await 800,000
'Dreamers' who had been protected under the Obama-era DACA policy. 4

WELCOME TO METRO.US!

RACHAEL VAUGHAN CLEMMONS

A zaddy is a DILF that isn't necessarily a father. A man, over 30, that makes you go, "I'll have what he's having." He's handsome. He has swag, a swoon-worthy "it" factor. He probably looks better bearded. And he has loads and loads of sex appeal. Zaddy, yes! Perhaps the best way to define a zaddy is through example. Check the list of 10 very special zaddies from across the pond.

metro.us/entertainment



HALEY: KIM JONG UN 'BEGGING FOR WAR'

The U.S. said countries trading with North Korea were aiding its "dangerous nuclear intentions" as the United Nations Security Council mulled tough new sanctions and the isolated regime showed signs of planning more missile tests. South Korea said it was talking to Washington about deploying aircraft carriers and strategic bombers to the Korean peninsula following the North's sixth and most powerful nuclear

test. South Korean President Moon Jae-in and President Donald Trump agreed to scrap a warhead weight limit on South Korea's missiles, South Korea's presidential office said, enabling it to strike North Korea with greater force in the event of a military conflict. At a Security Council meeting, U.S. Ambassador Nikki Haley said North Korea's Kim Jong Un was "begging for war" and urged the group to impose the "strongest possible" sanctions.

LA 'TURNS CORNER' ON WILDFIRE

A smattering of rain and easing temperatures helped more than 1,000 firefighters battling the largest wildfire in Los Angeles history gain the upper hand on the blaze on Sunday, but officials warned that danger remains. "We've turned the corner, but this is not over," Los Angeles Mayor Eric Garcetti told reporters. "With winds this strong, anything can happen." Shifting

winds could cause burning embers to spread the fire once more through the rugged northern edge of Los Angeles, said Garcetti. The nearly 5,900-acre La Tuna Fire, named after the canyon area where it erupted on Friday, has destroyed three homes and damaged one. More than 700 homes were evacuated as the blaze tore through thick brush that has not burned in decades.

5 THINGS YOU NEED TO KNOW

FINAL ROUND

Justin Thomas of the United States plays a shot from a bunker on the third hole during the final round of the Dell Technologies Championship at TPC Boston on Monday in Norton.

GETTY IMAGES



EVACUATION ORDER LIFTED IN TEXAS

Authorities lifted an evacuation order for the area surrounding a once-burning chemical plant and a major fuel pipeline reopened on Monday as Texas edged toward recovery from the devastation of Hurricane Harvey. The storm dumped some 50 inches of rain on the low-lying Gulf coastal region after coming ashore on Aug. 25, killing about 50 people and causing what the Texas governor said could be up to

\$180 billion in damage. Flooding led to a series of fires at the Arkema SA chemical plant in Crosby, a town of about 2,300 people some 25 miles northeast of Houston. Containers of chemicals which are unstable if not kept refrigerated started igniting on Thursday after power outages cut off cooling systems. On Monday, the company said the Crosby Fire Department had lifted a 1½-mile evacuation zone around the plant.

GAS PRICES SLIP AS OIL INDUSTRY BOUNCES BACK

U.S. gasoline prices fell on Monday as the nation's oil heartland continued to claw its way back from the devastation wrought by Storm Harvey, with shipping channels, pipelines and refineries restarting operations. Port operations across the U.S. Gulf Coast oil and gas hub were resuming, although many still had restrictions on vessel draft, according to U.S. Coast Guard updates. Key

fuel pipelines planned to restart as more of the oil refineries that feed them ramped up production. Benchmark U.S. gasoline futures RBc1 fell by more than 3 percent, and retail prices edged up by only 1 cent a gallon on Monday, according to motorists advocacy group AAA, after climbing by more than 20 cents in the wake of Harvey, which was downgraded to a storm after making landfall as a hurricane.

NEW POLL

Source: ARD German public broadcast

55%



Angela Merkel appears to be heading for a possible fourth term as chancellor of Germany, with her rival Martin Schulz failing to halt her advance in a crucial televised debate. ARD says 55 percent found Merkel more convincing while 35 percent plumped for Schulz.



**HELP PEOPLE
AFFECTED BY
HURRICANE
HARVEY**

We urgently need your financial support.
We can't do it without you.

Please donate today at [redcross.org](https://www.redcross.org)
or call 1-800-RED CROSS



**American
Red Cross**

DONATE YOUR CAR

Wheels For Wishes Benefiting

Make-A-Wish® Massachusetts and Rhode Island



- *Free Vehicle Pickup ANYWHERE
- *We Accept All Vehicles Running or Not
- *We also accept Trucks, RVs, SUVs & Boats
- *Fully Tax Deductible

WheelsForWishes.org
Call: (617) 701-7647

*Wheels For Wishes is a DBA of Car Donation Foundation.

reach over 2.3 million people
every week.

to advertise, contact (617) 532-0100 or adsboston@metro.us

source: nielsen scaborough 2014-15 r2, adults 18+

metro media

media.metro.us

Trump indicates he will scrap protections for 'Dreamers'

As a candidate, Trump pledged to immediately end the program, but he ran into stiff opposition.

President Donald Trump has decided to scrap a program shielding from deportation immigrants who came to the United States illegally as children but will give Congress six months to craft legislation to replace it, sources said.

The president decided to delay enforcement of his decision to end the Deferred Action for Childhood Arrivals, or DACA, the two sources said on Sunday. One source cautioned that the president could change his mind.

The decision to give Congress half a year to come up with an alternative, first reported by Politico, represents a compromise of sorts after top Republicans and business leaders asked Trump to



Activists rally in protest of the elimination of DACA. GETTY IMAGES

keep the program.

DACA, an Obama administration policy, protects nearly 800,000 young men and women, often called "Dreamers," from deportation and allows them to work legally.

Dreamers are a fraction of the estimated 11 million illegal immigrants in the United States, most of them Hispanic. Trump as a candidate promised

to deport all of them, but many Americans have rallied to support the young adults who have spent large parts of their lives in the United States.

The decision, to be announced on Tuesday, will seek to placate both sides in the immigration debate at a time when the president is also grappling with North Korea's nuclear program and

Houston's recovery from Hurricane Harvey.

House Speaker Paul Ryan urged Trump not to rescind the program and was joined by Republican Sen. Orrin Hatch.

Rep. Ileana Ros-Lehtinen, a Cuban-American Republican, tweeted her dismay with the decision to scrap DACA: "After teasing #Dreamers for months with talk of his 'great heart,' @POTUS slams door on them. Some 'heart.'"

That said, Trump's base will likely be far from happy about the president's decision to leave open the option of a fix. Rep. Steve King, a hawk on immigration and Iowa Republican, tweeted his opposition to the plan on Sunday night.

Democrats, like Sen. Al Franken, also wanted the program to continue. Franken called the reported decision a "disgrace."

REUTERS

ELIZABETH GRADY

YOUR FUTURE IS IN
GOOD HANDS...
YOUR OWN.



Elizabeth Grady School of Massage Therapy

Elizabeth Grady educators have international experience in teaching Swedish, Deep-tissue, Sports massage techniques and so much more. Call our admissions department at **781-960-0120** or visit us at elizabethgrady.edu. Classes are enrolling now.

222 Boston Avenue, Medford, MA 02155

P Government Center Garage

Tired Of Hanging On? Control Your Commute



Park for **\$18** Per Day*

24/7 Monthly Parking - \$375

*Based on 21 business days & purchase of monthly parking

For More Information

(617) 227-0385

GovernmentCenterGarage.com

You can help Boston map the entire human microbiome

Though you may be wary of bacteria, those microorganisms are a necessary part of our health. But scientists still don't know a lot about how different kinds of bacteria affect us.

To learn more about this, scientists are embarking on a study to map the entire human microbiome — all of the bacteria that live in and on our bodies — but to do so, they need your help.

"If you just go by cell numbers, we have about the same number of bacterial cells in our body as human cells," said Hera Vlamakis, group leader for microbiome projects at the Broad Institute of MIT and Harvard.

Scientists at the Broad Institute as well as Massachusetts General Hospital, the University of California San Diego and the Simons Foundation's Flatiron Institute have partnered with IBM for the Microbiome Immuni-

ty Project, which, experts say, is the largest study to date of bacteria in the human microbiome.

The project will map three million bacterial genes and compare each of those to human cells to see how they interact, if certain bacteria cause diseases or if certain bacteria can alleviate diseases.

Much of this can be done through experiments run on computers. However, the power needed to run these experiments is so enormous that, if all of the computers were used, the project wouldn't be completed in "any sort of reasonable life span," Vlamakis said.

That's where you (and IBM) come in.

Through the tech company's World Community Grid, anyone anywhere can offer up their personal computer's power to help the project.

"It uses people's com-



Scientists want to study how the human microbiome bacteria in our bodies affects our health. WORLD COMMUNITY GRID / YOUTUBE

puters when they're not using them," Vlamakis explained. "When you go to bed, if you leave your computer on, then — because it takes so much computational power to do these types of projects — we just use your computer's power to perform each experiment."

These experiments are like trying to figure out a puzzle, Vlamakis said, by trying to "stick" together the proteins in the bacte-

rial cells and those in the human cells in different ways to see if they "fit."

Once they see exactly how these cells fit, scientists can go into the lab and manipulate the cells.

The hope is that by finding a way to change a response within our cells, scientists can find better ways to diagnose autoimmune disease, develop new therapeutics for them or even find cures.

KRISTIN TOUSSAINT



10% OFF

YOUR ORDER OF \$25 OR MORE

one coupon per table

Not to be combined with any other offers
Not Valid with Lunch Specials or Holidays
Exp. September 30th 2017 Dine in Only

695 Washington St. Boston,

Chinatown • 617.338.8858

WWW.DUMPLINGCAFE.COM

We Now Deliver through DoorDash.

www.doordash.com

OPEN

11AM - 2AM
7 DAYS

The Holistic Center

Qualifying for your Medical
Marijuana Card still makes sense!

Medical Marijuana is used to treat the following conditions:

• HIV/AIDS • Glaucoma • ALS • MS • Hepatitis C • Parkinson's • Crohn's • Cancer
and any other condition our doctor recommends.

**WITH A MEDICAL CARD YOU SAVE YOUR MONEY
AND YOUR HEALTH:**

You get your medicine TAX-FREE - You will pay a 20% tax for Recreational.
You receive several DISCOUNTS - NONE with Recreational!

- Dispensaries currently provide a 10% discount if you are a MassHealth recipient
- Workman's Comp Insurance may pay depending on your claim
- You may be exempt from any future taxes if you continuously maintain your patient registration;
- You may choose from a greater VARIETY, TYPE and STRENGTH of CBD and THC strains;

MEDICAL IS AVAILABLE NOW

- Recreational not until July 2018.

320 Washington Street Suite 300,
Brighton Center

617-787-7400
THCevaluation.com

Now, from United of Omaha Life Insurance Company and Companion Life Insurance Company...

\$25,000.00 Whole Life Insurance.

Are you between the ages of 45 and 85*?

Then this **GUARANTEED ACCEPTANCE** policy is for YOU!

» Choose from 4 benefit levels - up to \$25,000!

» Rates "lock-in" at the age you enroll - never go up again!

» Call for your FREE all-by-mail enrollment packet!

» Call TOLL-FREE 1-855-824-9978

Or enroll online at www.UnitedOmahaDirect.com

Why this policy? Why now?

Our graded death benefit whole life insurance policy can be used to pay funeral costs, final medical expenses...or other monthly bills. You know how important it can be to help protect your family from unnecessary burdens after you pass away. Maybe your own parents or loved one did the same for you. OR, maybe they DIDN'T and you sure wish they would have!

The important thing is that, right now, you can make a decision that could help make a difficult time a little easier for your loved ones. It's a responsible, caring and affordable decision. And, right now, it's something you can do with one simple phone call.

You may have been putting off purchasing life insurance, but you don't have to wait another day. This offer is a great opportunity to help start protecting your family today.



UNITED OF OMAHA LIFE INSURANCE COMPANY
COMPANION LIFE INSURANCE COMPANY
MUTUAL OF OMAHA AFFILIATES



NO medical exam!



NO health questions!

Plus...

► Proceeds paid directly to your beneficiary

► Builds cash value and is renewable up to age 100!***
Then automatically pays YOU full benefit amount!

► Policy cannot be canceled — EVER — because of changes in health!

Your affordable monthly rate will "lock-in" at your enrollment age*...

	\$25,000.00 Benefit		\$10,000.00 Benefit		\$5,000.00 Benefit		\$3,000.00 Benefit	
Age	Male	Female	Male	Female	Male	Female	Male	Female
45-49	79.75	66.00	32.50	27.00	16.75	14.00	10.45	8.80
50-54	88.50	73.50	36.00	30.00	18.50	15.50	11.50	9.70
55-59	111.00	92.25	45.00	37.50	23.00	19.25	14.20	11.95
60-64	136.00	103.50	55.00	42.00	28.00	21.50	17.20	13.30
65-69	163.50	126.00	66.00	51.00	33.50	26.00	20.50	16.00
70-74	221.00	171.00	89.00	69.00	45.00	35.00	27.40	21.40
75-79	301.00	243.50	121.00	98.00	61.00	49.50	37.00	30.10
80-85	413.50	347.25	166.00	139.50	83.50	70.25	50.50	42.55

The rates above include a \$12 annual policy fee.

This is a solicitation of insurance, an agent (In OR & WA: producer) may contact you. **These policies contain benefits, reductions, limitations, and exclusions to include a reduction in death benefits during the first two years of policy ownership.** Policy Form ICC11L057P or state equivalent (in FL: 7722L-0505; in NY: 827Y-0505). Not available in all states. In NY, during the first two years, 110% of premiums will be paid. Website unavailable for NY residents. EASY WAY Whole Life Insurance is underwritten by United of Omaha Life Insurance Company, Omaha, NE 68175, which is licensed nationwide except NY. Life insurance policies issued in NY are underwritten by Companion Life Insurance Company, Hauppauge, NY 11788. Each company is responsible for its own financial and contractual obligations. *Age eligibility and benefits may vary by state. **In FL policy is renewable until age 121.

10 Zaddies from across the pond

We got a zaddy for every kind of zaddy fiend up in here. **RACHAEL VAUGHAN CLEMMONS**

You may be wondering to yourself — what is a zaddy?

A zaddy is a DILF that isn't necessarily a father. A man, over 30, that makes you go, "I'll have what he's having." He's handsome. He has swag, a swoonworthy "it" factor. He probably looks better bearded. And he has loads and loads of sex appeal. Zaddy, yas!

Perhaps the best way to define a zaddy is through example. Here is a list of 10 very special zaddies from across the pond. Why Brits? No reason. Mostly I was just bored. Also? You're welcome.



Idris Elba

Elba is a phenomenal actor and also phenomenal to look at. 10/10 forever zaddy.



Aidan Turner

The oft-overlooked "Poldark" star has quietly ascended to zaddy status when none of us were looking. And for that, I am thankful. Please be my baby zaddy.



Michael Fassbender

Consider Fassy the OG of zaddies. He was a zaddy before there was even the word "zaddy" added into the lexicon of American English. He's the No. 1 zaddy-o.



Andrew Lincoln

You probably watch "The Walking Dead," and therefore recognize that Lincoln is the zaddy supreme.



James McAvoy

Have I always considered this dude a zaddy? No. But in "Atomic Blonde" he rocks an amazing fur coat and it is all very zaddy, baby.



Dominic Cooper

A tiny stylish man with alien-esque good looks? Ahoy, zaddy!



Chiwetel Ejiofor

Look at this guy, then look at me in the eye and tell me he's not a zaddy. I dare you.



Sir Ian McKellan

This is probably a controversial call, but the Sir has swag for days and I cannot deny him a cherished place on this list.



Season 3-era Jaime Lannister

While it's important to consider real life men as zaddies, there's no denying that Jaime Lannister — dressed in rags, dirty and bearded — was a real zaddy long legs in the third season of "Game of Thrones."



Tom Hardy

The zaddy to end all zaddies — and probably the one with the most swag on this list. He's mustachioed zaddy royalty.

ALL PHOTOS GETTY IMAGES UNLESS OTHERWISE STATED

*Free Pre-Paid Gratuities, Free Upgrades plus up to \$1700 Onboard Spending & More!					
Royal Caribbean 7-Day Bahamas \$525* <small>Ocean View \$589* Taxes & fees \$148.75pp Balcony \$610*</small>	Celebrity X Cruises 7-Day Alaska \$529* <small>Ocean View \$889* Taxes & fees \$202.16pp Balcony \$1519*</small>	NCL NORWEGIAN CRUISE LINE 7-Day Bahamas \$549* <small>Ocean View \$699* Balcony \$749*</small>	Carnival 7-Day Europe \$659* <small>Ocean View \$939* Balcony \$1169*</small>	PRINCESS CRUISES 10-Day Mexico \$799* <small>Ocean View \$849* Balcony \$1099*</small>	Holland America Line 10-Day Panama \$889* <small>Ocean View \$929* Balcony \$1079*</small>

800-809-2290

*Prices are pp/dbl. Cruise only on select sailings. Certain restrictions apply. Gov't taxes, and fees are additional. Prices include NCF's. Prices are quoted in US dollars. All itineraries and prices are current at time of printing and are subject to change without notice. All exclusive deals are per cabin on select sailings. CST #2015595-50

5 TV shows to watch this September

September is just around the corner, and with it a slew of fall television premieres. If you need a little help narrowing down your viewing options next month, we have you covered. Here are the shows we're most looking forward to. **RACHAEL VAUGHAN CLEMMONS**



JASON NOCITO

"Broad City"

In the upcoming season of "Broad City," Abbi and Ilana are closer to living actual adult lives than ever — and as a result, their adventures are somehow even more enjoyable. But don't worry: it's still just as funny, if not more. Expect the same warm and fuzzy feelings Abbi and Ilana have always offered, layered with sharp takes on relationships, new money and the same old struggles of coming up in New York City. **Comedy Central. Premieres Sept. 13, 10 p.m.**



AUTUMN DE WILDE/FXX

"You're the Worst"

This series has always managed a precarious act: Having a show chock full of unlikable albeit crazy charming characters. The fourth season will explore the grounds of Gretchen and Jimmy's conscious uncoupling, but in that special, maddening way that only our selfish antiheroes could manage. It's going to be a treat. **FXX. Premieres Sept. 6, 10 p.m.**



SALLY BONGERS/SEE-SAN FILMS/SUNDANCE TV

"Top of the Lake: China Girl"

Even with just a passing familiarity with "Top of the Lake," you can't deny that the series' second season packs some impressive star power. There's Elisabeth Moss, who we've seen at peak form in "The Handmaid's Tale"; Gwendoline Christie, who slays and charms as Brienne in "Game of Thrones"; and Nicole Kidman, who is having her best year yet — all in one place. Who can deny these women their turn at a dark Australian murder mystery? **SundanceTV. Premieres Sept. 10, 9 p.m.**



JORDIN ALTHAUS/HULU

"The Mindy Project"

The final season of "The Mindy Project" may very well just be a glorious last hurrah of inside jokes and impressive physical comedy. And that's totally fine. Mindy will be a married woman, finally — but shenanigans will be afoot as always with her wacky co-workers. And it promises to be as belly-achingly funny as always. **Hulu. Premieres Sept. 12.**



COLLEEN HAYES/NBC

"The Good Place"

Last year's finale gave audiences the twist to end all twists: the Good Place was actually the Bad Place all along. This season promises another round of breakout performances from the likes of Kristen Bell, Ted Danson and D'Arcy Carden. And it'll be interesting to see how the ambitious series will continue to play with form — and laughs. **NBC. Premieres Sept. 20, 10 p.m.**

Back to School Fair

Join a FREE event hosted by the **BTU** for Boston public school families!

Saturday, September 23rd

1:00 PM to 4:00 PM | @ Boston Teachers Union Hall & Carson Beach
180 Mt. Vernon St., Boston, MA 02125 (Entrance is off of Day Boulevard, before Carson Beach)

Join us for Fun, Food and Entertainment including:

FREE BOOKS!

Music & Activities · Educational Materials · Parent Resources from Community Partners



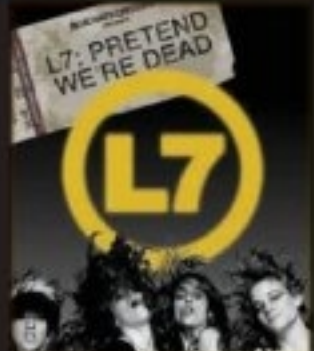
[f](#) [i](#) [t](#) [BostonTeachersUnion](#) [BTU66](#) [617-288-2000](#) [BTU.org/BackToSchool](#)

EXCLUSIVE SUMMER CONCERTS AT ARLINGTON'S HISTORIC REGENT THEATRE

1916 - 2017

Saturday, September 9th at 8pm

Celebrating the Music of Jim Morrison &
The Doors with Special Guest:
Kate Russo's **PIECE OF MY PEARL**
Janis Joplin Tribute



DOCUMENTARY MOVIE
Thu - Sept 14th & Fri - Sept 15th
7:30PM BOTH NIGHTS

Saturday, September 16th at 8pm

America's top Eagles Tribute band
also featuring Solo Work from Glenn Frey,
Don Henley and Joe Walsh!



ULTRASONIC ROCK ORCHESTRA
SEPTEMBER 22 & SEPTEMBER 23
A NIGHT AT THE ROCK OPERA
Debut of the U.R.O. Original Rock Opera

Also Music from...
"Tommy"
"Quadrophenia"
"Jesus Christ
Superstar"



TWO ULTRA-STEELAR SHOWS
FRIDAY and SATURDAY at 8:00PM

7 MEDFORD ST., ARLINGTON; WWW.REGENTTHEATRE.COM TICKETS & INFO: 781-646-4849

SAVE \$5 PER TICKET WITH CODE "METRO"



Grab a bite at the
Medford native's new
stand. GETTY IMAGES

Maria Menounos brings Greek cuisine to Fenway

BILL BLUMENREICH PRESENTS

THE WILBUR

FOR TICKETS AND INFO
VISIT THEWILBUR.COM



LITTLE FEAT
SEPT 6



GABY DUNN & ALLISON RASKIN
HATE EVERYONE BUT YOU
SEPT 7



WELLRED COMEDY TOUR
SEPT 8



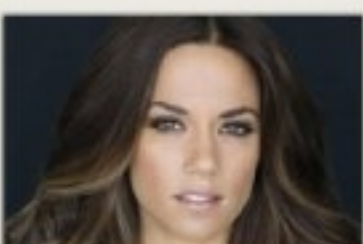
ROB SCHNEIDER
SEPT 9



THE HODGETWINN LIVE
SEPT 9



APOCALYPTICA
PLAYS METALLICA
SEPT 12



JANA KRAMER
SEPT 14



ANDREW DICE CLAY
SEPT 16

YES
SEPT 17
**JOHN MARK
MCMILLAN**
SEPT 18
JEN KIRKMAN
SEPT 20
**THE SIMON &
GARFUNKEL
STORY**
SEPT 26

DYLAN MORAN
SEPT 27
TREVOR HALL
SEPT 28
JONNY LANG
OCT 3
BOB MARLEY
OCT 7
FRANK CALIENDO
OCT 14

LEA DELARIA
FROM ORANGE IS THE
NEW BLACK
OCT 15
ISLEY BROTHERS
OCT 24
CRY CRY CRY
OCT 26
COLIN JOST
OCT 28
GAVIN DEGRAW
OCT 29

HARI KONDABOLU
NOV 3
**CAMERON
ESPOSITO & RHEA
BUTCHER**
NOV 4
BRUCE COCKBURN
NOV 9
SINBAD
NOV 11
TRACY MORGAN
NOV 17

twitter.com/the_wilbur

facebook.com/thewilburboston

instagram.com/the_wilbur

Maria's Greek Kitchen
is now open.

MATT JUUL
[@RunTheJuuls](https://twitter.com/RunTheJuuls)
matt.juul@metro.us

It's been a rough several months for Maria Menounos and her family, as the Medford native underwent surgery to remove a tumor from her brain earlier this summer. Her mother has also been battling a health struggle of her own, having been diagnosed with stage IV brain cancer.

Despite the serious medical issues, Menounos hasn't let any of that slow her down while she's on the mend. The E! personality is staying positive and recently unveiled her new food stall located right in the heart of Fenway.

Dubbed Maria's Greek Kitchen, the new venture with partners Aramak hopes to spice up the area's food scene with a menu filled with traditional Greek offerings,

including plenty of gyros. The stand officially opened Sept. 4.

The 39-year-old star took to her Instagram account to celebrate the launch of Maria's Greek Kitchen, saying in a post that she hopes to bring healthier fare to Fenway.

"Don't get me wrong I love me some nachos and hot dogs but sometimes you want something healthier," Menounos wrote. "My goal was to make eating healthy simple at a game. Everything is organic too, which was important to me after the health issues we have been facing in our family."

She added, "Some of the ingredients are sourced right upstairs on the Fenway roof top garden!"

The Bay State star isn't new to the world of food. Menounos already has her own brand of phyllo swirls and has published a few books on cooking and dieting in recent years.



Where to give to victims of Hurricane Harvey

You can help out Houstonians from afar by making online donations at these relief organizations.



KATE MOONEY
@yatinbrooklyn
kate.mooney@metro.us

As you look forward to the long holiday weekend, with its promise of beach days, BBQs and binge-watching, take a second to realize how lucky you are not to be stuck in a flooded home, waiting for someone to rescue you via boat. After you let that feeling sink in, take five minutes and donate some money to Houstonians displaced by Hurricane Harvey. Even though you're far away, there are plenty of organizations taking financial contributions through their websites. Below, a list:

The Hurricane Harvey Relief Fund
Houston mayor Sylvester Turner and the Greater Houston Community Foundation have set up this fund, which is accepting tax-deductible flood relief donations to Houstonians affected by Harvey. Just enter in your billing info at their website and select the dollar amount (minimum donation \$10). ghcf.org/hurricane-relief

The United Way of Houston has established a relief fund that will go towards providing food, supplies, shelter and, down the line, home repair. Donate at unitedwayhouston.org or text UWFLOOD to 41444.

The Houston Food Bank and Corpus

Christi Food Bank are both seeking donations to help provide food and supplies to those displaced by the storm. For every dollar you give, you're providing up to seven meals. Visit their websites and you'll be directed to a PayPal link. Houston-foodbank.org, foodbankcc.com.

You can donate to the **American Red Cross** on their website, or just text HARVEY to 90999 to give \$10 (you'll see the charge on your next phone bill). redcross.org.

To donate to the **Salvation Army**, call 1-800-SAL-ARMY, text



A volunteer helps a woman and her dog boat to dry land. GETTY

STORM to 51555, or visit disaster.salvation-armyusa.org.

Texas Diaper Bank will provide diapers and wipes to families in need. You can either make a financial contribution online that will go towards the supplies, or mail some yourself, to 5415 Bandera Road, Suite 504, San Antonio, Tex., 78238. Texasdiaperbank.org.

And finally, to help animals in need of shelter from the flood: you can donate to the **Houston SPCA** and the **Houston Humane Society**, as they take in cats, dogs and other creatures displaced by the storm. houstonspca.org, houstonhumane.org.



You can help Houstonians by making donations to organizations like the Red Cross and the Hurricane Harvey Relief Fund. GETTY

Painful Varicose Veins and Swollen Legs?



Are you or a loved one suffering from the following symptoms?

- ☒ Varicose Veins
- ☒ Heaviness or Swelling
- ☒ Spider Veins
- ☒ Skin Discoloration
- ☒ Itching or Burning
- ☒ Leg Ulcers
- ☒ Leg Pain
- ☒ Blood Clots
- ☒ Leg Cramps
- ☒ Difficulty Standing



Our minimally invasive procedure only takes 15 minutes, and our patients can resume normal activities immediately.

We specialize in a wide range of treatment options including care of **Peripheral Artery Disease (PAD)** and wound care.

Covered by most insurance plans and Medicare

Don't suffer another day! Call us now!

(617) 858-6870



www.USAVeinClinics.com

1208B VFW Parkway, Ste 300, West Roxbury, MA 02132
280 Union Street, Ste 401, Lynn, MA 01902
800 West Cummings Park, Ste 2500, Woburn, MA 01801
855 Worcester Road, Ste 13, Framingham, MA 01701

You're probably stretching wrong

Here are the best ways to avoid common injuries caused by high intensity workouts.



KATE MOONEY
@yatinbrooklyn
kate.mooney@metro.us

With our hectic schedules, making the time for regular exercise can be challenging. But even if you've found a way to fit in that after-work Spin class or wake up early for that morning run several days a week, if you're not properly warming up and cooling down, your efforts might be self-defeating. Muscle tightness from improper stretching and inadequate rest and recovery can lead to injuries and chronic soreness. We spoke with experts who shared the best techniques for keeping your muscles limber and preventing unwanted strains.

Use a foam roller before your workout

Although common sense would lead you to believe you should stretch before you work out, it's actually quite detrimental. Jenn Menzer, a personal trainer in Boston, likens stretching tight muscles to pulling on a knotted rubber band — they only get tighter.

Instead, begin with a foam-roller session. "This

wellbeing



Use your foam roller before your workout to help warm up your muscles, says personal trainer Jenn Menzer. ISTOCK

not only 'warms up' the muscles by creating heat, but most importantly, it removes knots and fascial adhesions, which will improve performance, increase mobility and decrease risk of injury," she explains.

To get the most out of a foam roller, she recommends going slowly, pausing over points of tightness (for no longer than 20-30 seconds) to release them.

When you follow your foam rolling with stretches, they should be longheld — two to five minutes each — so as to "bypass the muscle and

go into the connective tissue, targeting fascia, tendons and ligaments," she says. Her free "Deep Stretch for Athletes" audio class includes yoga stretches like pigeon, swan, butterfly and caterpillar that open up the hips, thighs, glutes and lower back.

Stretch to relax your muscles, not strain them more

Hakika V. Dubose is the founder of Power Stretch Studios, where clients book one-on-one, customized sessions with

"stretch coaches" who do the stretching for them.

"When you stretch on your own you're actually creating tension instead of releasing it," explains Dubose. "You have to grab and pull, and that defeats the purpose."

The 32-year-old former actor and dancer calls this technique of passive stretching the Kika Method, and says it's based on how dancers stretch, "by completely letting go, letting gravity pull them down naturally, without tensing up." The stretch coaches "replace gravity," which allows the clients to completely relax.

DuBose attributes the rise of peak fitness studios like SoulCycle and CrossFit, which folks visit several days a week to lose weight, feel

A stretch coach stretches a client at Power Stretch Studios. INSTAGRAM: COM/POWERSTRETCHSTUDIOSDELRAV/

healthy and get a certain look, to causing burnout and muscle tightness.

"The definition of muscle tone is a constant contraction in the muscle," she explains. "Your muscles are clenching and tight, and you never release the muscle. You need some kind of balance, something to counter that."

Inactivity is another culprit. "As we age, our bodies start to become restricted in the form we're currently in: your

body creates a cast based on what you do for a living or your hobbies," she explains. "Stretching helps you reset, break free of that."

Make time for "active recovery"

Tatyana Souza, a yoga instructor and owner of Coolidge Corner Yoga in Brookline, Mass., and Sadhana Yoga in Boston, says the key to preventing injury is to keep your muscles limber.

"Injuries happen when a muscle is tight and you hyperextend it," she explains. "Yoga increases the pliability and length of the muscle and increases the range of motion."

She describes her class, "Yoga for Athletes," as "active recovery": a low-intensity activity that gives high performance athletes a break in between workouts — while still engaging and strengthening the muscles.

Positions like Plank and balancing on one leg help strengthen the body's core "stabilizer muscles" which support the joints. High lunge, low lunge, and Warrior I lengthen the hip flexors, while Forward Fold and Downward Facing Dog extend the hamstring.

"Everything is connected," she explains. "If the hamstring is tight, usually the calves and arches and the lower back are also tight. It's not just one pose, it's the whole practice that gets everything opened up."



Bonapita
Mediterranean Grill

857-350-4606 • 49 Franklin St. Downtown Boston
www.bonapita.com • Catering@Bonapita.com

We Cater Meetings
& Events from 10-600+
Fresh Food Made From Scratch!
Vegans & GF Welcome!

Open Weekdays 11:00-4:00pm

Enjoy your weekend.

Lawn mowing, babysitting, painting, vacuuming, dusting, gardening...

BU students are ready to help!

Post your job with the Student Job Service and have a Boston University student work for you.



Boston University Student Employment Office

Post online:
www.bu.edu/seo/employers

Questions:
seo@bu.edu

Dorsett looks to make impact

The Patriots dealt Jacoby Brissett for wide receiver Phillip Dorsett just days before the season opener.



MATT BURKE
@burke_metro
matthew.burke@metro.us

Bill Belichick's "no days off" mantra rang oh-so-true this past Labor Day weekend as the Pats were the most active team in the NFL in terms of transactions. In the span of 36 hours the Pats made 41 moves, including three trades. Here's a look at the most notable transaction.

Dorsett for Brissett
The Pats' top two punt returners — Julian Edelman and Cyrus Jones — both suffered ACL injuries this preseason, so there was clearly a need in the return game. On Saturday, Belichick acquired receiver and punt returner Phillip Dorsett from the Colts in exchange for third string QB Jacoby Brissett. "If you want some-

What's the deal?

Second-year center/guard Ted Karras was cut but was signed to the practice squad. Ditto for center James Ferentz, running back DJ Foster and defensive end Geneo Grissom.

Undrafted tight end Jacob Hollister, out of Wyoming, surprisingly made the cut.

Brandon Bolden had his contract terminated on Saturday but the Pats quickly re-signed the veteran back on Monday.

Linebacker Shea McClellin was placed on injured reserve.

It is not known at this time if the Patriots will bring in a third quarterback following the trade of Brissett, but Belichick typically has one, at least, on the practice squad.

thing, you have to give up something," Belichick said of the trade. "That's what trades are. [Dorsett] is a pretty talented player, a first-round draft pick."

Indeed, Dorsett was drafted 29th overall in the 2015 NFL Draft, so he's far from a finished product at just 24 years

old.

The speedster caught 121 balls for 2,132 yards and 17 touchdowns during his college years at Miami and improved from his rookie NFL season in 2015 to his second season in 2016 dramatically.

Dorsett jumped from 18 receptions for 225 yards with the Colts in 2015 to 33 catches for 528 yards in 2016. He has three career touchdowns.

The Colts were desperate to get a quarterback other than backup Scott Tolzien into their fold before Week 1 of the season with Andrew Luck still banged up. Dorsett's agent, Ron Butler, has very high hopes for his client in New England.

"Phillip is just looking for an opportunity," Butler told the Indy Star. "He got drafted into a situation where the Colts already had a No. 1 and No. 2 receiver [TY Hilton and Donte Moncrief]. I think in New England, he goes there with an opportunity to really help them and play with a great quarterback. It's a fresh start."



Phillip Dorsett is expected to be the Pats' starting punt returner in 2017. GETTY IMAGES

In need of a spark



The Red Sox will hand the ball to Eduardo Rodriguez on Tuesday (7 p.m., NESN) at Fenway in the second game of their series with Toronto. Rodriguez has struggled of late, allowing a combined 10 earned runs over his last two starts. GETTY IMAGES

clubmetro

Sign up today, and you could win tomorrow!

Enter for a chance to win a trip for 2 to
Fort Lauderdale, Florida
A \$2,383.90 VALUE

ENTER BY SEPT. 18, 2017

Sign up at clubmetro.metro.us
for a chance to win:

- Five nights accommodations at Sonesta Fort Lauderdale Beach
- An Everglades Airboat Tour for two at Sawgrass Recreation Park
- Round-trip air transportation for two to Fort Lauderdale, Florida
- A six-day rental car



SONESTA
FORT LAUDERDALE

VISITFLORIDA.COM



Join clubmetro to get access to our exclusive offers and win great prizes.

clubmetro.metro.us

MEDICAL RESEARCH

To advertise call Gregory Manning at
617-532-0121 or email
gregory.manning@metro.us



ARE YOU DEPRESSED OR FEELING BLUE?

Interested in trying
antidepressant
medication?



This confidential research study offers:

- FDA-Approved antidepressant medication treatment
- Up to 10 study visits over 10 weeks
- PET-MR scans
- Compensation up to \$832 for completion of all parts of the study



Your participation in research can help improve the treatment of depression.

If you are between the ages of 18 and 60 and
interested in learning more, please contact Joey:

617-724-9458 | MGHNBPSSTUDY@PARTNERS.ORG

CARS

Vehicles Wanted

**Junk or
Repairable Cars
Wanted**

**\$50 - \$5500 & up
781-462-8282**



Extra Cash paid for
Hondas, Toyotas, & Nissans
Any Location, Anytime
towingcarsusa@yahoo.com



**All CARS
WORTH CASH
UP TO \$500**

Cars, Trucks and Heavy
Equipment.

IMMEDIATE PICK UP 24/7
No key, No title, No problem

**Call now
617-678-6833**

SERVICES

NO MONEY DOWN CABLE

Get an All-Digital, Satellite
System for just \$25/mo.
2 Year Price Guarantee
available. New Callers get
FREE NFL SUNDAY TICKET
instead of free movies.
No Money Down!

SO CALL NOW 877-255-0353

IMPORTANT INFORMATION:

All classified advertising is subject to the terms and
conditions of the applicable Metro Classified rate
card and to approval and acceptance at Metro U.S.
option. Metro U.S. reserves the right to edit, reject,
cancel or reclassify an ad, and reserves the right
to convert any classified advertising to alternative
formats for use and publication in other Metro U.S.
publications. It is the advertiser's sole responsibility
to check each ad the first day it is published. Metro
U.S. assumes no responsibility for any reason, for
any error or omission in any ad.

Do you have Hidradenitis Suppurativa?

Study participants needed

A hidradenitis suppurativa support group is being
conducted at Tufts Medical Center where medical
professionals would have an opportunity to teach you
about the disease.

You will learn more about the disease and also would get
a chance to connect and discuss experiences with other
patients having hidradenitis suppurativa.

To participate

- You must be at least 18 years old
- You must have hidradenitis suppurativa

A support group session will be of 45 minute duration.
Complimentary food will be provided to all the participants.

For more information about this trial or to see
if you qualify,
please call (617) 636-7462
or email ndonovan1@tuftsmedicalcenter.org

Principal Investigator:
David Rosmarin, MD
Department of Dermatology
Tufts Medical Center, Boston, MA

Elderly Volunteers needed for Research study

**Volunteer to take part in a
research study conducted at Beth
Israel Deaconess Medical Center and
Brigham & Women's Hospital and
earn up to \$250**

If you:

- Are **HEALTHY** or have **type 2 DIABETES**
non-smoker, 65 years or older,
- Are able to have a cardiac MRI and an
Exercise Stress test
- Can make 2 visits over a 2-week period

You may qualify to take part
in this research study

This study is enrolling now.

Call 617-632-8420 or

email ladouane@bidmc.harvard.edu.



LEGAL NOTICES

MORTGAGEE'S NOTICE OF SALE OF REAL ESTATE

By virtue and in execution of the Power of Sale contained in a certain Mortgage given by Thomas P. Smith to Mortgage Electronic Registration Systems, Inc. as nominee for Home Loan Center, Inc., dba LendingTree Loans, its successors and assigns, dated September 1, 2005 and recorded with the Suffolk County Registry of Deeds at Book 38044, Page 275 subsequently assigned to JPMorgan Chase, National Association by Mortgage Electronic Registration Systems, Inc. as nominee for Home Loan Center, Inc., dba LendingTree Loans, its successors and assigns, by assignment recorded in said Suffolk County Registry of Deeds at Book 49338, Page 350 and subsequently assigned to Bayview Loan Servicing, LLC, a Delaware Corporation by JPMorgan Chase, National Association by assignment recorded in said Suffolk County Registry of Deeds at Book 56419, Page 182; of which Mortgage the undersigned is the present holder for breach of the conditions of said Mortgage and for the purpose of foreclosing same will be sold at Public Auction at 12:00 PM on September 26, 2017 at 13 Maryland Street, Unit 3, Boston (Dorchester), MA, all and singular the premises described in said Mortgage.

TO WIT: The following described real property situate in the City of Boston, County of Suffolk, and Commonwealth of Massachusetts, to wit: The unit contains the area listed above and is laid out as shown on a plan recorded with the first deed of the UNIT dated April 18, 2000 and recorded April 19, 2000 with Suffolk Registry of Deeds Book 24852, Page 254. The unit is conveyed together with: (a) The above listed PERCENTAGE INTEREST in the common areas and facilities of the Condominium as described in the Master Deed, and (b) in the 13 MARYLAND STREET CONDOMINIUM TRUST dated and recorded on March 13, 2000 with the Suffolk County Registry of Deeds in Book 24754, Page 047; (c) an exclusive right to use one storage room, the location of which is designated on the basement plan filed with the Master Deed, and the unit is to be used only for residential purposes and for no other purposes, except as may be expressly permitted by the Trustees in accordance with the provisions of the 13 MARYLAND STREET CONDOMINIUM TRUST. Tax ID #: 15-3104-006 By Fee Simple Deed from Jonathan L. Thurott and Jamie R. Thurott, husband and wife as T/E as set forth in Deed Book 25314, Page 049 and recorded on 9/1/2000, Suffolk County Records. The Source Deed as stated above is the last record of vesting filed for this property. There have been no vesting changes since the date of the above referenced source.

Upon information and belief there is a scrivener error in the legal description attached to Mortgage Book 38044 Page 275; wherein the property should have been described as being known as Unit 3 of the 13 Maryland Street Condominium as created by Master Deed recorded at Book 24754 Page 39.

The premises are to be sold subject to and with the benefit of all easements, restrictions, building and zoning laws, liens, attorney's fees and costs pursuant to M.G.L.Ch.183A, unpaid taxes, tax titles, water bills, municipal liens and assessments, rights of tenants and parties in possession.

TERMS OF SALE: A deposit of FIVE THOUSAND DOLLARS AND 00 CENTS (\$5,000.00) in the form of a certified check, bank treasurer's check or money order will be required to be delivered at or before the time the bid is offered. The successful bidder will be required to execute a Foreclosure Sale Agreement immediately after the close of the bidding. The balance of the purchase price shall be paid within thirty (30) days from the sale date in the form of a certified check, bank treasurer's check or other check satisfactory to Mortgagee's attorney. The Mortgagee reserves the right to bid at the sale, to reject any and all bids, to continue the sale and to amend the terms of the sale by written or oral announcement made before or during the foreclosure sale. If the sale is set aside for any reason, the Purchaser at the sale shall be entitled only to a return of the deposit paid. The purchaser shall have no further recourse against the Mortgagor, the Mortgagee or the Mortgagee's attorney. The description of the premises contained in said mortgage shall control in the event of an error in this publication. TIME WILL BE OF THE ESSENCE.

Other terms if any, to be announced at the sale.

Bayview Loan Servicing, LLC
Present Holder of said Mortgage,
By Its Attorneys, ORLAND PC
PO Box 540540, Waltham, MA 02454
Phone: (781) 790-7800
16-008752

September 5, 2017, September 12, 2017
and September 19, 2017

ITEMS WANTED

MORTGAGEE'S NOTICE OF SALE OF REAL ESTATE

By virtue and in execution of the Power of Sale contained in a certain Mortgage given by Kimberly M. Reid to Mortgage Electronic Registration Systems, Inc. as nominee for RBS Citizens, N.A., its successors and assigns, dated July 30, 2008 and recorded with the Suffolk County Registry of Deeds at Book 43866, Page 202 subsequently assigned to Wells Fargo Bank, NA by Mortgage Electronic Registration Systems, Inc. as nominee for RBS Citizens, N.A., its successors and assigns by assignment recorded in said Suffolk County Registry of Deeds at Book 51924, Page 49; of which Mortgage the undersigned is the present holder for breach of the conditions of said Mortgage and for the purpose of foreclosing same will be sold at Public Auction at 12:00 PM on September 19, 2017 at 10 Summit Circle, Boston (Hyde Park), MA, all and singular the premises described in said Mortgage.

TO WIT:

THE LAND AND BUILDINGS THEREON SITUATED ON Summit Circle in the Hyde Park District of Boston, Suffolk County, Commonwealth of Massachusetts, being shown as Lot C on a plan entitled "Subdivision Plan of Land, Boston, MA, Hyde Park District" dated July 8, 1967 and recorded with Suffolk Deeds at the end of Book 8139, bounded and described as follows: WESTERLY by Summit Circle as shown on said plan by a curved line, seventy (70) feet; NORTHERLY by lot B, twenty-two and 85/100 [22.85] feet; NORTHEASTERLY by lot B, twenty-two and 70/100 [22.70] feet; NORTHERLY by lot B, sixty-nine and 10/100 [69.10] feet; NORTHEASTERLY by land of owners unknown, sixteen [16] feet; SOUTHEASTERLY by land of owners unknown, sixty-two and 20/100 [62.20] feet; NORTHEASTERLY by land of owners unknown, sixty-three and 30/100 [63.30] feet SOUTHEASTERLY by land of owners unknown, sixty-two and 20/100 [62.20] feet, SOUTHWESTERLY by land of owners unknown, eighty and 23/100 [80.23] feet. Containing 7,748 square feet of land according to said plan. Together with the right to use Summit Circle in common with others entitled thereto. For title reference see deed recorded herewith.

The premises are to be sold subject to and with the benefit of all easements, restrictions, building and zoning laws, liens, attorney's fees and costs pursuant to M.G.L.Ch.183A, unpaid taxes, tax titles, water bills, municipal liens and assessments, rights of tenants and parties in possession.

TERMS OF SALE:

A deposit of FIVE THOUSAND DOLLARS AND 00 CENTS (\$5,000.00) in the form of a certified check, bank treasurer's check or money order will be required to be delivered at or before the time the bid is offered. The successful bidder will be required to execute a Foreclosure Sale Agreement immediately after the close of the bidding. The balance of the purchase price shall be paid within thirty (30) days from the sale date in the form of a certified check, bank treasurer's check or other check satisfactory to Mortgagee's attorney. The Mortgagee reserves the right to bid at the sale, to reject any and all bids, to continue the sale and to amend the terms of the sale by written or oral announcement made before or during the foreclosure sale. If the sale is set aside for any reason, the Purchaser at the sale shall be entitled only to a return of the deposit paid. The purchaser shall have no further recourse against the Mortgagor, the Mortgagee or the Mortgagee's attorney. The description of the premises contained in said mortgage shall control in the event of an error in this publication. TIME WILL BE OF THE ESSENCE.

Other terms if any, to be announced at the sale.

Wells Fargo Bank, N.A.
Present Holder of said Mortgage,
By Its Attorneys,
ORLAND PC
PO Box 540540
Waltham, MA 02454
Phone: (781) 790-7800
14-009495

August 29, 2017, September 5, 2017
and September 12, 2017

BOOKS WANTED
CASH PAID FOR
LARGE COLLECTIONS

Interests include:
Architecture, Art,
Firearms, Military,
Vintage Paperbacks,
Yearbooks, Magazines,
Vintage Erotica, Catalogs
and more

Call David
781-724-6183
or
Email dibc@comcast.net

CASH FOR RECORDS
WANTED

33Lps & 45s

George
617-633-2682
Cash for Records

Top \$\$ Paid
For Guitars

We buy ALL Musical Inst.
Guitars, Saxes, etc.
Cash on the spot!

617-594-3255

CASH FOR
DIABETES
TEST STRIPS
Up to \$40/box!

Payment made
SAME-Day
We Receive
Your Strips!
Call Kerri
for a Quote Today!
800-413-3479
www.CashForYourTestStrips.com

CITATION ON PETITION FOR
ALLOWANCE OF ACCOUNT

Docket No. SU15P3047EA

COMMONWEALTH OF MASSACHUSETTS
THE TRIAL COURT
PROBATE AND FAMILY COURT

In the matter of: **Theodora Rosetta Griffith**
Date of Death: **11/24/2013**

Suffolk Probate and Family Court
24 New Chardon Street, Boston, MA 02114
(617) 788-8300

To all interested persons: A Petition has been filed by: **Darryl Rookard** of **Dorchester MA** requesting allowance of the Annual account(s) as Personal Representative and any other relief as requested in the Petition.

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before **10:00 a.m. on 09/13/2017**.

This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an Affidavit of Objections within thirty (30) days of the return date, action may be taken without further notice to you.

WITNESS, Hon. Joan P. Armstrong, First Justice of this Court.

Date: August 02, 2017

Joan P. Armstrong
First Justice of this Court

JOBS

General Help Wanted

Aircraft
Deicing Technicians &
Supervisors Needed!!

Aero Mag is currently looking to hire motivated individuals to work as Aircraft Deicing technicians at Boston Logan International Airport. Seasonal Part-Time Positions available, the startup rate for technicians is \$16/hour and wage consideration is available for experienced candidates. Supervisors wage can be discussed with interested experienced candidates.

Candidates must have an active Driver's License and a second form of ID such as:
Birth Certificate, American Passport, Permanent Resident Card or Work authorization card.

If you are interested,
please contact Nelly at
857-222-6449
Jay
201-892-2018
for further details.

Now Hiring Chair Car Drivers!
No experience required
Internal growth opportunities

Apply Online: www.cataldoambulance.com
Cataldo Ambulance Service is an Equal Opportunity Employer.
Individuals with Disabilities and Veterans are encouraged to apply.

Home Health
Care Aide

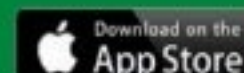
for elderly Lady-
Situation Available
Monday & Tuesday
afternoons & evenings,
Friday & Saturday and
Sundays full days in
-Market St., Brighton
Contact John at
617-787-8525

metroCLASSIFIEDS

To place an ad call 866-900-9473
or visit us at www.metro.us

metroCLASSIFIEDS

To place an ad call 866-900-9473

DOWNLOAD
THE METRO.US APP

LEGAL NOTICES

MORTGAGEE'S NOTICE OF SALE OF REAL ESTATE

By virtue and in execution of the Power of Sale contained in a certain Mortgage given by Ulric Stewart to Mortgage Electronic Registration Systems, Inc., as nominee for America's Wholesale Lender, its successors and assigns, dated March 5, 2007 and recorded with the Suffolk County Registry of Deeds at Book 41418, Page 255 subsequently assigned to Bank of America, N.A., Successor By Merger To BAC Home Loans Servicing, LP KFA Countrywide Home Loans Servicing, LP by Mortgage Electronic Registration Systems, Inc. by assignment recorded in said Suffolk County Registry of Deeds at Book 48625, Page 327, subsequently assigned to EverBank by Bank of America, N.A. by assignment recorded in said Suffolk County Registry of Deeds at Book 51929, Page 346, subsequently assigned to Green Tree Servicing LLC by EverBank by assignment recorded in said Suffolk County Registry of Deeds at Book 53631, Page 307 and subsequently assigned to MTGLQ Investors, L.P. by Ditech Financial, LLC successor by merger to Green Tree Servicing LLC by assignment recorded in said Suffolk County Registry of Deeds at Book 56643, Page 281; of which Mortgage the undersigned is the present holder for breach of the conditions of said Mortgage and for the purpose of foreclosing same will be sold at Public Auction at 1:00 PM on September 26, 2017 at 51 Dix Street Unit 2, Boston (Dorchester), MA, all and singular the premises described in said Mortgage,

TO WIT:

Property in Boston, Suffolk County, Massachusetts, known as Unit# 2 (the "Unit") of the 51 Dix Street Condominium (the "Condominium"), located at 51 Dix Street, which condominium was created pursuant to M.G.L. Chapter 183A by the recording of a Master Deed dated June 15, 2005 and recorded at the Suffolk Registry of Deeds at Book 37344 Page 280, and as amended of record. Said Unit is laid out as shown on the floor plans recorded with the Master Deed and on the copies of such plans filed with the original deed to the Unit, to which is affixed a verified statement in the form provided for in M.G.L. c. 183A, Section 9. The Unit is conveyed together with an undivided 33.75% interest in the areas and facilities as defined and described in the Master Deed and the exclusive right to use these Common Areas and Facilities appurtenant to said Unit as set forth in the Master Deed and Unit Deed. The Unit is subject to and has the benefit of all rights, easements, agreements, interest and provisions contained in the Master Deed and the Condominium Trust and By-Laws recorded therewith, as any of the same may be amended from time to time pursuant to the provisions thereon, as well as the provisions of Chapter 183A of the Massachusetts General Laws as the same may be amended from time to time. For my title reference, see deed recorded herewith.

The premises are to be sold subject to and with the benefit of all easements, restrictions, building and zoning laws, liens, attorney's fees and costs pursuant to M.G.L.Ch.183A, unpaid taxes, tax titles, water bills, municipal liens and assessments, rights of tenants and parties in possession.

TERMS OF SALE:

A deposit of FIVE THOUSAND DOLLARS AND 00 CENTS (\$5,000.00) in the form of a certified check, bank treasurer's check or money order will be required to be delivered at or before the time the bid is offered. The successful bidder will be required to execute a Foreclosure Sale Agreement immediately after the close of the bidding. The balance of the purchase price shall be paid within thirty (30) days from the sale date in the form of a certified check, bank treasurer's check or other check satisfactory to Mortgagee's attorney. The Mortgagee reserves the right to bid at the sale, to reject any and all bids, to continue the sale and to amend the terms of the sale by written or oral announcement made before or during the foreclosure sale. If the sale is set aside for any reason, the Purchaser at the sale shall be entitled only to a return of the deposit paid. The purchaser shall have no further recourse against the Mortgagor, the Mortgagee or the Mortgagee's attorney. The description of the premises contained in said mortgage shall control in the event of an error in this publication. **TIME WILL BE OF THE ESSENCE.**

Other terms, if any, to be announced at the sale.

MTGLQ Investors, L.P.
Present Holder of said Mortgage,
By Its Attorneys,
ORLAND PC
PO Box 540540
Waltham, MA 02454
Phone: (781) 790-7800
16-001883

September 5, 2017, September 12, 2017 and September 19, 2017

MORTGAGEE'S NOTICE OF SALE OF REAL ESTATE

By virtue and in execution of the Power of Sale contained in a certain Mortgage given by Andre C. Davis and Charles Reese and Mattie B. Williams to Mortgage Electronic Registration Systems, Inc. as nominee for Countrywide Home Loans, Inc., its successors and assigns, dated January 26, 2006 and registered with Suffolk County Registry District of the Land Court as Document Number 715033 noted on Certificate of Title Number 115899 subsequently assigned to Ocwen Loan Servicing, LLC by Mortgage Electronic Registration Systems, Inc. by assignment registered with Suffolk County Registry District of the Land Court as Document Number 770393, as noted on Certificate of Title Number 115899; of which Mortgage the undersigned is the present holder for breach of the conditions of said Mortgage and for the purpose of foreclosing same will be sold at Public Auction at 11:00 AM on September 26, 2017 at 584 Harvard Street, Boston (Mattapan), MA, all and singular the premises described in said Mortgage,

TO WIT:

A certain parcel of land, together with the buildings and other improvements thereon, now known and numbered as 584 Harvard Street, Mattapan, Suffolk County, Massachusetts, shown as Lot 86 on a subdivision plan drawn by Henry C. Mildram, C.R. ..., dated Sept. 1910, as approved by the Court, filed in the Land Registration Office as Plan No. 1684-C, a copy of a portion of which is filed with Certificate of Title No. 4425, together with the appurtenant thereto and subject to any and all recorded encumbrances thereon. Being the same premises conveyed to the herein named grantor(s) by deed recorded with the Suffolk Registry of Deeds in Document No. 601150. "The Grantor(s) expressly reserve my/our rights of Homestead and do not wish to terminate my/our Homestead by granting the within conveyance notwithstanding my/our waiver of such homestead in the within mortgage"

The premises are to be sold subject to and with the benefit of all easements, restrictions, building and zoning laws, liens, attorney's fees and costs pursuant to M.G.L.Ch.183A, unpaid taxes, tax titles, water bills, municipal liens and assessments, rights of tenants and parties in possession.

TERMS OF SALE:

A deposit of FIVE THOUSAND DOLLARS AND 00 CENTS (\$5,000.00) in the form of a certified check, bank treasurer's check or money order will be required to be delivered at or before the time the bid is offered. The successful bidder will be required to execute a Foreclosure Sale Agreement immediately after the close of the bidding. The balance of the purchase price shall be paid within thirty (30) days from the sale date in the form of a certified check, bank treasurer's check or other check satisfactory to Mortgagee's attorney. The Mortgagee reserves the right to bid at the sale, to reject any and all bids, to continue the sale and to amend the terms of the sale by written or oral announcement made before or during the foreclosure sale. If the sale is set aside for any reason, the Purchaser at the sale shall be entitled only to a return of the deposit paid. The purchaser shall have no further recourse against the Mortgagor, the Mortgagee or the Mortgagee's attorney. The description of the premises contained in said mortgage shall control in the event of an error in this publication. **TIME WILL BE OF THE ESSENCE.**

Other terms, if any, to be announced at the sale.

Ocwen Loan Servicing, LLC
Present Holder of said Mortgage,
By Its Attorneys,
ORLAND PC
PO Box 540540
Waltham, MA 02454
Phone: (781) 790-7800
15-008134

September 5, 2017, September 12, 2017
and September 19, 2017

MORTGAGEE'S NOTICE OF SALE OF REAL ESTATE

By virtue and in execution of the Power of Sale contained in a certain Mortgage given by Audrey H. Hargrove and Samuel James Hargrove, Jr. to Chase Bank USA, N.A., dated September 8, 2005 and recorded with the Suffolk County Registry of Deeds at Book 38098, Page 142, as affected by Loan Modification recorded with said Registry of Deeds in Book 52440, Page 321 subsequently assigned to JPMorgan Chase Bank, National Association by Chase Bank USA, N.A. by assignment recorded in said Suffolk County Registry of Deeds at Book 50267, Page 201; of which Mortgage the undersigned is the present holder for breach of the conditions of said Mortgage and for the purpose of foreclosing same will be sold at Public Auction at 1:00 PM on September 19, 2017 at 158 Ballou Avenue, Boston (Dorchester), MA, all and singular the premises described in said Mortgage

TO WIT:

The land in that part of Boston Formerly Dorchester with the buildings thereon, being Lot 17 on a plan made by W.O. Badger, surveyor, dated June 01, 1892, and recorded with Suffolk Registry of Deeds Book 2097, Page 34, and bounded and described as follows: Northwesternly by Ballou Avenue, forty (400) feet; Southwesternly by Lot 18 on said plan, one hundred (100) feet; Southeasternly by Lots 8 and 9 on said plan, forty (400) feet; and Northerly by Lot 16 on said plan, one hundred (100) feet.

The premises are to be sold subject to and with the benefit of all easements, restrictions, building and zoning laws, liens, attorney's fees and costs pursuant to M.G.L.Ch.183A, unpaid taxes, tax titles, water bills, municipal liens and assessments, rights of tenants and parties in possession.

TERMS OF SALE:

A deposit of FIVE THOUSAND DOLLARS AND 00 CENTS (\$5,000.00) in the form of a certified check, bank treasurer's check or money order will be required to be delivered at or before the time the bid is offered. The successful bidder will be required to execute a Foreclosure Sale Agreement immediately after the close of the bidding. The balance of the purchase price shall be paid within thirty (30) days from the sale date in the form of a certified check, bank treasurer's check or other check satisfactory to Mortgagee's attorney. The Mortgagee reserves the right to bid at the sale, to reject any and all bids, to continue the sale and to amend the terms of the sale by written or oral announcement made before or during the foreclosure sale. If the sale is set aside for any reason, the Purchaser at the sale shall be entitled only to a return of the deposit paid. The purchaser shall have no further recourse against the Mortgagor, the Mortgagee or the Mortgagee's attorney. The description of the premises contained in said mortgage shall control in the event of an error in this publication. **TIME WILL BE OF THE ESSENCE.**

Other terms if any, to be announced at the sale.

JPMorgan Chase Bank,
National Association
Present Holder of said Mortgage,
By Its Attorneys, ORLAND PC
PO Box 540540,
Waltham, MA 02454
Phone: (781) 790-7800, 16-005980

August 29, 2017, September 5, 2017 and September 12, 2017

PSYCHICS

STOP THE SUFFERING!!

Bring Back Loved Ones.

Stops Infidelity in Relationships, Fixes Domestic/Family Problems, Jinx, Demonic Forces, House Cleansing/Court Cases, Immigration, Stops Enemies, Offers Protection.

ONE FREE QUESTION.



Satisfaction Guaranteed
484-268-0465

SHEIKH MANSOUR
INTERNATIONAL SPIRITUAL HEALER WITH BORN GIFTED POWER AND EXPERIENCE
Saper natural gifted man who helps both internal & external matters in marriage, love, court, business, luck, gambling, protection, returning love one back.

EXPERT IN ALL OCCULTIST HUMAN PROBLEMS. ONLY ONE VISIT WILL LEAD YOU TO THE RIGHT PATH! CALL NOW FOR JOY! RESULTS IN A FEW DAYS GUARANTEED 100% Call 347-261-0226

GENUINE SPIRITUAL HEALER
Clairvoyant • Medium Astrologer.

Specialize in Relationships, If your loved one. Husband or wife Walks out on you. I can help bring him back immediately with the most powerful spell.

Business • Court Case • Success • Exams Sexual Prob. • Marriage & Remove Evil Spell • Black Magic Bad Luck • Jaadoo Voodoo & Stop Enemy • Etc...

Seek help from
Mr MAROOF
YOU WILL GET RESULT IN 72 HOURS
100% GUARANTEED
CALL 646 891 7809

metro
CLASSIFIEDS

To place an ad call
866-900-9473

or visit us at
www.metro.us

DEADLINE: 2 BUSINESS DAYS PRIOR TO PUBLICATION AT 4 PM.



metro
CLASSIFIEDS
To place an ad call 866-900-9473

IMPORTANT INFORMATION:
All classified advertising is subject to the terms and conditions of the applicable Metro Classified rate card and to approval and acceptance at Metro U.S. option. Metro U.S. reserves the right to edit, reject, cancel or reclassify an ad, and reserves the right to convert any classified advertising to alternative formats for use and publication in other Metro U.S. publications. It is the advertiser's sole responsibility to check each ad the first day it is published. Metro U.S. assumes no responsibility for any reason, for any error or omission in any ad.

Do you have a legal notice that you need to publish?

Metro is a newspaper of record with the Suffolk Probate, Middlesex Probate and Land Court! Publishing your notices with Metro can save you money!

Do you need to publish a notice for:

- Mortgage Sale of Real Estate
- Public Notice
- COB Liquor License
- Licensing Board
- Notice of Public Hearing
- Divorces
- Care and Protection of Parental Rights
- Notice of Sale of personal Property
- Transportation
- Order of Notice

Contact the Metro today and find out how we can help while saving you money!

Herman Miles: 617-532-0105
herman.miles@metro.us

metro
CLASSIFIEDS
To place an ad call 866-900-9473
or visit us at **www.metro.us**
DEADLINE: 2 BUSINESS DAYS PRIOR TO PUBLICATION AT 4 PM.

metro
CLASSIFIEDS

To place an ad call
866-900-9473

or visit us at
www.metro.us

DEADLINE: 2 BUSINESS DAYS PRIOR TO PUBLICATION AT 4 PM.



metro
CLASSIFIEDS
To place an ad call 866-900-9473
or visit us at **www.metro.us**



Across

- 1 Wordplay
- 4 Garbage
- 9 Wallet stuffers
- 13 Before, in verse
- 14 Port-au-Prince site
- 15 Nor'easters
- 16 Went on the lam
- 18 Dramatist Henrik --
- 19 Provide eats
- 20 Vendor
- 22 Keep in thrall
- 25 Team
- 26 Semester finals
- 28 Glitterati adornments
- 32 Type of luck
- 35 Zillions
- 37 "Hasta --!"
- 38 Letter after pi
- 39 Scare silly
- 41 Hope or Newhart
- 42 Heart outlet
- 44 Viscount's superior
- 45 Dust cloths
- 46 Those people's
- 48 Steel plow inventor
- 50 Linen color
- 52 Bake
- 56 Bending
- 59 Orange Bowl city
- 60 Like an acrobat
- 61 Turn aside
- 64 Clear

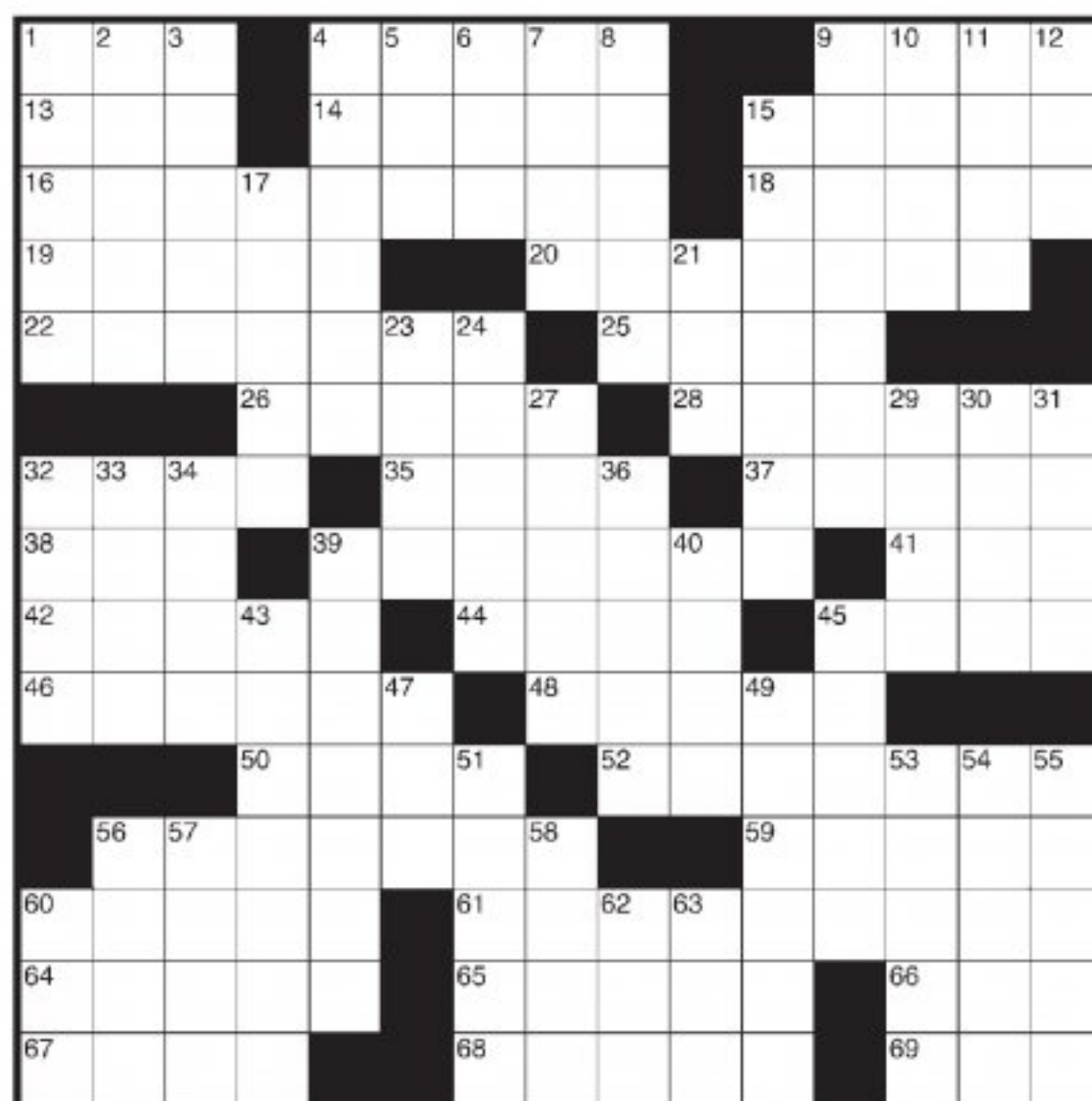
- 65 Brought to a close
- 66 Joule fraction
- 67 Bound upward
- 68 Set to go
- 69 Cereal grass

Down

- 1 Dove's goal
- 2 Cosmopolitan
- 3 Robin domiciles
- 4 Insect's middle
- 5 Dashed
- 6 Help out
- 7 Ladder rung
- 8 Conceals
- 9 Scene
- 10 Last word in an ultimatum
- 11 "Faint heart -- won ..."
- 12 Job application info
- 15 In a reeling manner

- 17 Glitterati member
- 21 Morse signal
- 23 Low tract
- 24 Chew the scenery
- 27 Famed viol.
- 29 "Fancy" singer
- 30 Open-mouthed
- 31 Shows distress
- 32 Heck!
- 33 Yikes! (hyph.)
- 34 Greater in number
- 36 Becomes a dad
- 39 Very thirsty
- 40 Went by quickly
- 43 Male fashion accessory (2 wds.)
- 45 Historical memento
- 47 Delhi honorific
- 49 Cure
- 51 Out, at the dentist's
- 53 Spud
- 54 Grinding material
- 55 Mountain range
- 56 Shivery feeling
- 57 Costa --
- 58 Mr. Roddenberry
- 60 Everybody
- 62 Watchdog org.
- 63 Showed the way

metro.us/crossword



metro.us/sudoku

easy

	7	2	9					3
	4		5	7				
		5	8					9
	6	1						5
3								4
2						9	6	
5	9				6	2		
				5	9		8	
1					8	5	7	

hard

5		7				9		8
			3			1		7
					8	6		2
			8	5				6
	4	8		9		5	2	
6				3	2			
7		2	9					
4		3			1			
9		6				2		4

metro.us/horoscopes



Aries Hidden matters will keep you from finding out the facts. Emotional tactics will be used to divert you from making a wise choice. Focus on personal growth and truth.



Taurus Put a little steam behind your ideas. It's up to you to make things happen. Don't let anger distract you when you should let it become your motivation.



Gemini Not everything will be as it appears. Taking what someone says at face value will leave you out in the cold when it's time to make an important decision.



Cancer Getting along with your colleagues, a partner or those you live with will be essential if you want to bring about positive change. Be willing to compensate when necessary.



Leo You'll be offered an unusual perspective about your past and how you have handled situations up to this point in your life. Listen and make positive, life-altering adjustments.



Virgo Stay active and get involved with groups that can help you succeed. Listen to what a youngster in your life says. Don't dismiss an insightful suggestion.



Libra A unique opportunity will arise if you volunteer your time or work with a group of people interested in achieving a similar goal. Personal growth is favored.



Scorpio Stay focused on your plan and be reluctant to share it with others. It's important to have everything in place before you make a presentation.



Sagittarius You'll be disillusioned by the information someone gives you. Consider the motives behind the actions, and refrain from making assumptions.



Capricorn Delve into a hobby or activity that you haven't done for years. The memories will come roaring back, giving you insight into what you want to do in the future.



Aquarius Listen to what others say. Think about the reasons behind an emotional plea. Don't let an opportunity to improve your finances or health pass you by.



Pisces An emotional situation is best handled openly. Being realistic about your expectations will help you avoid a stalemate with someone in your life. **EUGENIA LAST**

Yesterday's answers									
A	S	W	A	N	G	L	O	B	A
C	H	I	C	A	I	O	T	A	I
M	A	S	T	S	B	R	I	T	T
E	K	E	S	L	E	D	S	R	E
S	E	R	I	A	L	S	A	I	R
M	U	D	H	I	P	P	O		
S	H	I	P	C	O	N	S	O	N
T	U	N	S	P	O	O	K	E	D
S	E	N	I	O	R	I	T	Y	
S	C	A	L	Y	D	U	L	L	E
B	A	R	G	E	I	N	J	U	R
A	V	O	I	D	A	N	C	E	S
S	O	W	N	F	R	A	T	T	R
H	Y	D	E	T	E	A	S	S	O

Can't wait until tomorrow to check your answers? Visit **metro.us**



As the world's largest global newspaper, Metro has more than 18 million readers in more than 100 major cities in 23 countries. • **Metro Boston** 234 Congress St., 4th FL, Boston, 02110 • **main** 617-210-7905 • **to advertise** 617-210-7905 • **Press releases** pressrelease@metro.us • **Associate Publisher/Executive Sales Director** Brian Cox, brian.cox@metro.us • **U.S. Circulation Director** Joseph Lauetta • **U.S. Marketing Director** Wilf Maunoir • **Chief Revenue Officer** Ed Abrams, Ed.Abrams@metro.us • **email sales** adsboston@metro.us • **email distribution** distribution@metro.us • Advertisements appearing in Metro are published in good faith. Metro does not endorse and makes no representations about any of the advertising content appearing in its pages. Metro is not responsible for any loss or damages whatsoever resulting from readers using the services of its advertisers. Readers should exercise caution when replying to advertisements, especially those which require any form of payment, and, where necessary, should seek independent legal advice. • **Editor in Chief** Aleksander Korab, aleksander.korab@metro.us • **Managing Editor** Morgan Rousseau, morgan@metro.us • **Site Director** Linnea Zielinski, linnea.zielinski@metro.us • **Night Editor** Jason Nuckolls, jason.nuckolls@metro.us • **Art Director** Billy Becerra, Billy.Becerra@metro.us • **Sports Editor** Matt Burke, matt.burke@metro.us • **Entertainment/TV Editor** Matthew Juul, matthew.juul@metro.us • **Going Out Editor** Eva Kis, eva.kis@metro.us • **Head of Production** Matt Prowell, matt.prowell@metro.us



THE FUTURE OF ACCOUNTING TECHNOLOGY **STARTS HERE**

ACCOUNT**EX**

SEPTEMBER 6-8, 2017
HYNES CONVENTION CENTER
BOSTON, MA



Accountex Welcome Party

Join us Thursday night September 7, for local brews, a signing with Boston Red Sox legend Jason Varitek, and much more.

Register in advance
and receive a **FREE**
Expo Pass!



Go to accountexusa.com/register
and use the promo code **"METRO"**
to get your free expo pass.

FEATURING KEYNOTE SPEAKERS:

Daymond John

CEO and Founder of FUBU, Co-star of ABC's Emmy Award-winning *Shark Tank*, and *NY Times* Best Selling Author

Randi Zuckerberg

Founder & CEO at Zuckerberg Media and Former Director of Market Development for Facebook

For a full list of conference sessions and exhibitors,
visit: accountexusa.com

Produced by: **diversified**
COMMUNICATIONS

Premier Sponsors: **sage** **xero**